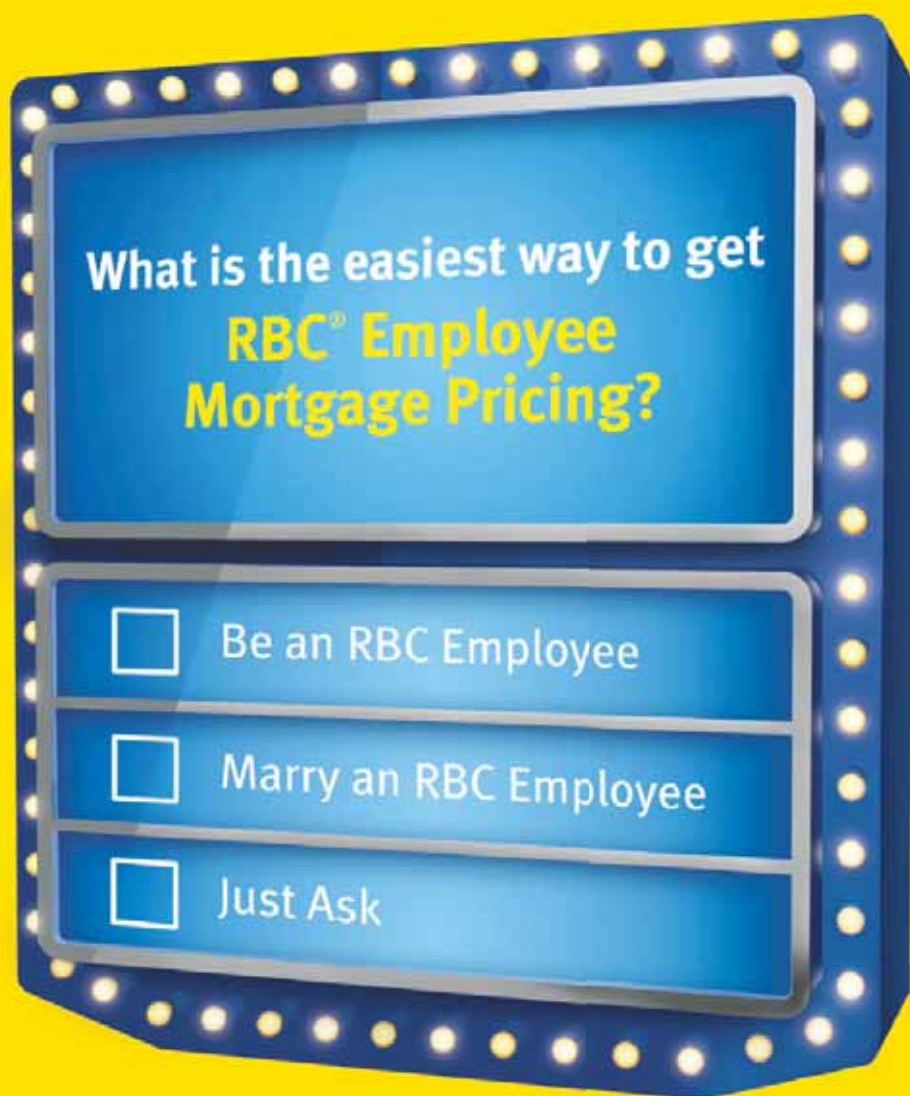


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## SHE'S STILL GOT IT

Music icon Cher brought her Dressed to Kill Tour through Edmonton last night with a stop at Rexall Place. See a full photo gallery at [metronews.ca](http://metronews.ca). TOPHER SEGUIN/FOR METRO

# Police make arrest in fatal hit-and-run

**Jonathan Cardinal.**  
Canine unit called in for Monday morning police pursuit



**LEAH GERMAIN**  
leah.germain@metronews.ca

Edmonton police have arrested a man in connection with a fatal hit-and-run on June 13 after a daring dash on the city's east side.

With help from the EPS canine unit, police apprehended Jonathan Jake Cardinal, 31, near Jasper Avenue and 90 Street at about 10:12 a.m.

Cardinal is charged in the death of 33-year-old Adam Groves.

Police allege Cardinal hit

the victim as he attempted to steal Groves' truck.

Staff Sgt. Scott Carter said police received a call Monday morning about a man passed out in the driver's seat of a vehicle parked near 86 Street and 106 Avenue.

Once EPS arrived on scene and were able to identify Cardinal, the suspect fled the vehicle.

A chase between police and Cardinal ensued, with Cardinal throwing himself head first through a glass sliding door of a nearby residential suite. He sustained multiple cuts to his head and arms.

He continued to another residence, hoping to elude the heavy police pursuit.

The EPS canine unit eventually apprehended Cardinal.

"As a result of his non-

compliance and continued efforts to flee, he did receive a contact from the police dog," Carter said. "His injuries are non-life-threatening."


Cardinal now faces charges of manslaughter, criminal negligence causing death, failing to stop at the scene of an accident, and theft over \$5,000.

"We're all relieved he's in custody and no longer poses any threat to the public," Carter added, noting more charges are likely to be laid following Monday's pursuit and arrest.

Groves' sister-in-law, Desire Poulin, made a public appeal last week during a news conference, pleading for Cardinal to turn himself in to police.

When contacted Monday following the arrest, Poulin declined to comment.


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## Warehouse stabbing

### Crown seeking direct indictment

The Crown is applying to go straight to trial in the case of an Edmonton man charged with killing two people and wounding others in a knife attack at a grocery warehouse.

Prosecutor Kim Goddard says she will be formally asking the attorney general to approve a direct indictment against Jayme Pasioka.

Pasioka, 30, appeared briefly in court on closed-circuit TV from the Edmonton Remand Centre, where he is being held in a mental health unit.

If a direct indictment is granted, Pasioka would not have a preliminary hearing to determine if there was enough evidence against him for a trial.

He would proceed directly to trial on charges of first-degree murder, attempted murder, aggravated assault and weapons-related offences.

Police have said a man with a knife in each hand, wearing a military-style vest, randomly slashed and stabbed workers as he walked through a huge Loblaw's complex in February. Pasioka, an employee at the warehouse, was quickly identified as a suspect and arrested later that day.

Thierno Bah, 41, and Fitzroy Harris, 50, were killed and four others were wounded in the bloody attack.

At the time, police said they were baffled by the crime and could find no motive. Court heard Pasioka is still undergoing a private psychiatric assessment requested by his defence lawyer, who is also appealing the province's decision to deny his client legal aid.

THE CANADIAN PRESS

## Background check wait times cut: Cops

Edmonton police have drastically reduced the time it takes for a criminal record check, from nearly six weeks to mere days, over the last year.

Dave Elanik, manager of the police's information check section, told the police commission last week they have put a real emphasis on making the process easier.

"Our sole focus was on improving customer service, because we had complaints

and concerns about the time it was taking to get a police information check," he said.

After ensuring the section was fully staffed, Elanik said they looked to other police agencies to see how they processed requests and made sure to adopt all best practices.

He said one of the major changes is going through the information with the applicant when they drop it off, rather than trying to follow

up on missing information.

Kim Collister, with the Boys and Girls Clubs and Big Brothers Big Sisters of Edmonton, said the old system was difficult and the changes have been noticeable.

"A five-week, six-week turnaround for many organizations who are trying to get volunteers in or getting staff in, could mean losing those individuals," she said.

Elanik said that unfortu-

nately these improvements could vanish, because the RCMP is considering have all applicants for criminal record checks fingerprinted.

He said he believes that change would be a major delay and isn't warranted.

"We think to put everybody through that process is an unnecessary step when you don't have any concerns about identity," he said.

RYAN TUMILTY/METRO

## City's 311 app is well on its way

**Swipe away that pothole.** Reporting issues to the city will soon be a cinch



RYAN TUMILTY  
ryan.tumilty@metronews.ca

Reporting graffiti or a pothole will soon be just a swipe away, with the city's upcoming 311 app.

Mayor Don Iveson announced the new app was on its way, Monday morning at the City Age conference. The digital reporting portal is in final testing stages and should be launched next month.

"Enabling citizens to be our eyes in the field, and report issues live on location, will give us much richer information and intelligence about

the work we do and where we should focus our resources," he said.

Rob Klatchuk, the city's manager for customer information, said the app is in beta testing now, but so far it's going well.

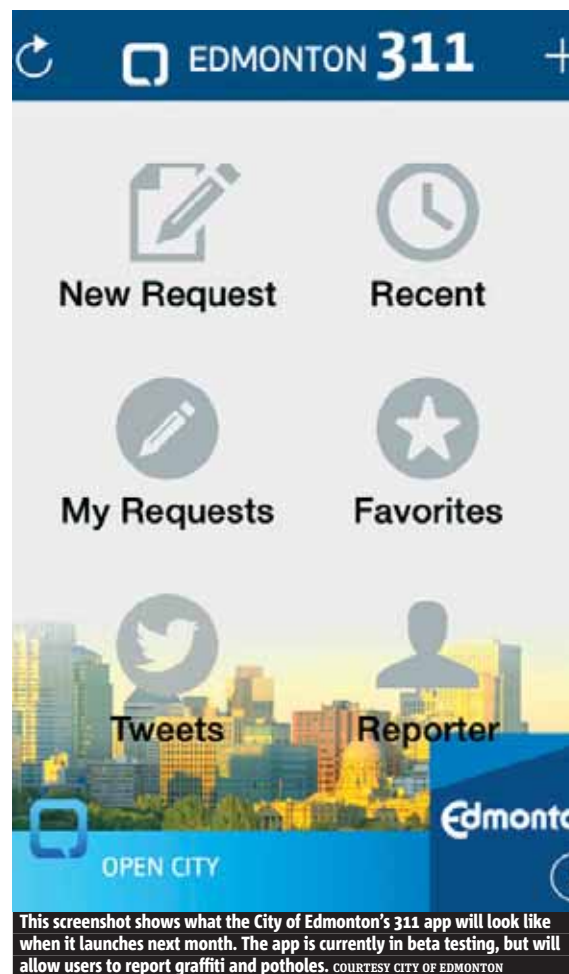
"It's early stages of testing, but it's progressing the way we would hope," he said.

The app will allow people to include photos and exact locations when they report potholes or graffiti. Klatchuk said they hope to continue to expand the services offered.

He's hoping the app will reach a whole new demographic of Edmontonians.

"What the other jurisdictions have said, and people I talk to, say that they are getting to a new base of people," he said.

Assuming the testing goes well, Klatchuk said they hope to launch the new app in July.



This screenshot shows what the City of Edmonton's 311 app will look like when it launches next month. The app is currently in beta testing, but will allow users to report graffiti and potholes. COURTESY CITY OF EDMONTON

1 NEWS



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## Capital plan. Museum construction presses on

Steel should begin to rise from the Royal Alberta Museum site by the end of this summer — just a small part of the nearly \$5 billion the government is spending on capital projects this year.

Culture Minister Heather Klimchuk detailed the plan at a media event Monday, as well as outlining the progress on the museum.

Klimchuk said the capital plan, which includes roads, bridges, hospital and schools, is about preparing for the future as Alberta grows.

"About four million people now live in this province," she said, "and we're growing by nearly 100,000

people each year."

One of the outstanding issues with the museum project is the proposed pedway to the site. Klimchuk said the province is working to ensure it's included with "the right fit and the right cost."

Mike Roper with Leducor Construction, which is building the new museum, said Leducor can wait until about April 2015 before construction on the pedway would absolutely have to start.

Even so, he said, he hopes a solution is found quickly.

"There isn't a lot of time. We would still have to design it," he said.

RYAN TUMILTY/METRO



An overhead view of the construction of the Royal Alberta Museum. The museum is expected to open in late 2017. RYAN TUMILTY/METRO

### St. Albert

#### School bus driver gets \$2,000 fine in boy's death

A school bus driver has been fined \$2,000 for an accident that killed a six-year-old boy.

Joseph Allen, 62, pleaded guilty to a charge of failing to yield to a pedestrian under the Traffic Safety Act. A Criminal Code charge of careless driving was withdrawn.

Thomas Wedman was struck and killed last September while crossing a street on his way to school in St. Albert.

THE CANADIAN PRESS

### Strathcona County

#### RCMP on hunt for man who exposed himself to girls

Strathcona County RCMP are looking for a man accused of exposing himself to two young girls at an area playground.

According to police, the man approached the pair, who were playing in a sand area, and sat down with them. As he was casually talking with them, he took out his genitals.

The man is described as a Caucasian between the ages of 20 and 30 years, with short shaved hair and facial hair. METRO



A new project called iRideYEG highlights different cyclists around Edmonton. COURTESY YEGBIKE BLOG



# Local cyclists not some odd breed

**iRideYEG.** New project profiles local riders and uncovers diverse range of backgrounds



STEPHANIE DUBOIS  
stephanie.dubois@metronews.ca

What do a lawyer, an IT consultant and a civil engineer all have in common? They ride their bikes on Edmonton streets, as featured in a new online project.

Called iRideYEG, the project highlights local cyclists and their thoughts on bike

**Cyclists are people, too**

"For me, the driving point of the project was to show cyclists are just like you. They're everyday people."

David Shepherd, project co-ordinator

infrastructure as a way to put a face to cycling.

"For me, the driving point of the project was to show cyclists are just like you. They're everyday people," said David Shepherd, project co-ordinator.

The venture started in mid-June after a group of cyclists using the #yegbike Twitter hashtag discussed what

they could do to advocate proper bike infrastructure in the face of what Shepherd calls a "lack of political will."

After a few days of being online, the project received 30 entries from local cyclists wanting to share their story.

In the questionnaire portion of the website, many of the cyclists said there's a definite need for better bike

infrastructure in the city.

"By far the most popular choices for that would be separated lanes," said Shepherd.

Organizers say the most interesting thing they've realized since embarking on the project is the variety of biker backgrounds.

"It didn't really surprise me but confirmed for me the wide diversity of people that are riding in Edmonton. It's a wide age range," said the project co-ordinator.

Three profiles will be published in the last week of June, with July's weekly total to be determined early in the month, according to organizers.

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The city of Edmonton will be hosting a roundtable discussion for community-garden stakeholders to share their experiences working with the city. CONTRIBUTED

# Community gardens keep growing, despite challenges: Advocates

## Roundtable discussion.

The city looks to make process easier for creating green spaces

As more Edmontonians give their green thumbs a try, members of the city's sustainable food community are calling on the city to develop an easier process when it comes to kicking off a community garden.

The city currently has 84 community gardens, said Sustainable Food executive director Laura Kemp, and many with long wait lists for potential gardeners hoping to get their own plot.

Kemp said one of the greatest challenges for community gardeners is finding a proper plot of land, whether

## At a glance

- Community Gardens: A Panel Discussion is being hosted by Edmonton Food Council Tuesday from 6 to 8:30 p.m. at Paddock Theatre in Northlands Park.
- The event is free of charge and will feature members from the city's horticultural community.

it's a private or publicly-owned space.

"In any situation, you're negotiating with the land owner and that can be a fairly daunting experience for a lot of community groups," Kemp said.

The most important part of the project, Kemp added, should be the community coming together rather than pro-

urement problems.

"There has to be a community before there is a community garden," Kemp said. "You need to have a core of really passionate, dedicated people who want to see sustainability over time, but you also need to have people from the community come together."

City planner Hani Quan is hoping a roundtable discussion Tuesday will shed more light on some of the concerns community gardeners have when it comes to their plot of land.

According to Quan, some of the concerns the city has heard are centered on the city's policies for developing on public land, which can take up to one year.

"It can get bogged down in the city's process," said Quan. "There's a number of different kind of potential approvals required." LEAH GERMAIN/METRO

## Mayor's announcement. Edmonton launching new engagement tool

A new program from the City of Edmonton is hoping to get inside the heads of 5,000 Edmontonians on in-fill, bike lanes and other civic issues.

Mayor Don Iveson announced the Edmonton Insight Community at the City Age conference Monday. The tool will come online later this week, with the goal of eventually reaching 5,000 Edmontonians.

Iveson said the large group will help the city track how people feel about

the issues, but also track changing attitudes.

"These kinds of communities allow you to stay in touch with communities over time," he said.

Iveson said creating online panels like this is popular in the private sector and he believes it will work well for the city.

"A lot of industries have been using these large online panels to get information from their customers on what to do next," he said. RYAN TUMILTY/METRO



Mayor Don Iveson speaks about the city's new public engagement tool at the City Age conference Monday. RYAN TUMILTY/METRO

## 'I heart YEG'

Chalk wall encourages the best of YEG

Chalk and the great things about Edmonton are all that's needed for a new project aimed at getting people talking about the good.

A large chalk wall with the words "I heart YEG because \_\_\_\_\_" will be put on Whyte Avenue, pending approval Thursday, so people can put their favourite things about the city in an effort to improve the its image, said organizers.

"People should be proud of Edmonton," said Aastha Khajuria, co-creator of the I Heart YEG project.

The plan is to put three additional walls around the city this summer to attract different people through comments on the wall and online.

"We want to take that board from the offline world to the online world. We're encouraging people to tag themselves in photos ... so we get more of a conversation," said co-creator Kelvin Chen.

STEPHANIE DUBOIS/METRO

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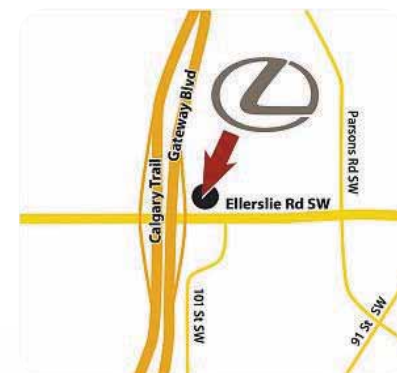
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# Mom of alleged trafficking victim says the system failed her daughter

## 'I did try to seek help.'

Halifax-area woman says she's not getting enough assistance keeping teen from a life of drug abuse and sexual exploitation



**RUTH DAVENPORT**  
Metro in Halifax

A Halifax-area woman whose daughter was allegedly coerced into prostitution says the problem isn't the individual who's facing charges — it's a larger system that failed, and continues to fail, children.

Tashlynn Shaw, 23, was arrested last week and is facing child-trafficking and underage-prostitution charges.

Police say the investigation involved two young girls — aged 13 and 14 — who had been forced into the sex trade.

But the mother of one girl

says her daughter started selling her body not because of any one adult, but because of a system focused on blame rather than support.

"These girls are out there doing this stuff on their own and it doesn't seem that anything is being done until someone of age ... is there to pin the human trafficking on," said the woman, whose identity is protected in order to protect her daughter's identity.

The 37-year-old woman says she's struggling to save her daughter from a life of drug abuse and sexual exploitation, and isn't getting help from police or any social agencies.

The problems started when the girl was 10 and the woman went through a bad breakup, turning to drugs and even prostitution to cope. She said the formerly good girl started acting out after watching her mother "fall apart" — running away from home and pushing her mother further into self-



**Tashlynn Shaw, who faces child-trafficking and underage-prostitution charges, arrives at Halifax provincial court Thursday.** JEFF HARPER/METRO IN HALIFAX

destruction.

"I did try to seek help, and (child welfare) did send someone ... but it took two weeks

for them to even get back to me," said the woman. "She kept saying, (the girl) needs to be taken out of the home, and

## Quoted

**"As much as I hated that they took my kids, they needed to, and I understand that. I just wish they would have helped before it got to that point."**

Mother of alleged teen prostitution victim

no one listened. And my whole life fell apart."

Child welfare took the woman's four kids, placing them with relatives, friends and foster families. At the age of 13, the eldest reportedly followed a friend into the sex trade, posing as a 17-year-old in online ads.

The mother says the girl was in and out of group homes, where a lack of structure enabled her sex work.

"They don't monitor them," she said. "(The kids) say they're going somewhere at 9 a.m., and they leave. And no one checks on where they're going."

The woman, who's been

clean since 2012 and has completed parenting and self-help courses, has her three younger kids on weekends and her eldest daughter full-time. She says her daughter has developed a taste for money and freedom, and doesn't want the structure of a normal home life — and the system that was quick to take the children away isn't there to help rebuild.

"They were so focused on the blame that could be put on me and not focusing on how she was feeling and how to deal with her issues with me," she said. "There's been more ... people that are there to feel sorry for her than want to really get down to the issues."

# Egyptian-Canadian journalist gets shocking 7-year sentence

"Thank you Canada. I will be arriving soon for some love. No terrorism plans, I promise :)"

This is one of several tweets Egyptian-Canadian journalist Mohamed Fahmy had asked his brother to send Monday as soon as an Egyptian judge ordered his much anticipated release.

But in a shocking turn of events, Fahmy and two other Al-Jazeera journalists were sentenced to seven years in prison on terrorism-related charges, a verdict widely denounced as an attack on freedom of expression.

"No one expected this verdict at all," Fahmy's brother, Sherif, said in a phone interview from Cairo. "Mohamed, when I saw him last week ... he was extremely optimistic."

To see that hope swept away has dealt the family a crushing emotional blow, he said.

"My parents are too old for this.... My mother, for example, she broke down today, a total breakdown; none of us are able to calm her down at all."

Fahmy and his colleagues — Australian Peter Grete and Egyptian Baher Mohamed —



**Journalist Mohamed Fahmy sits in the defendant's cage in Cairo, Egypt, Monday.** AHMED ABD EL LATIF/EL SHOROUK NEWSPAPER/THE ASSOCIATED PRESS

were employed with Qatar-based satellite news broadcaster Al-Jazeera English when they were arrested on Dec. 29.

All three were accused of providing a platform for the Islamist Muslim Brotherhood group of ousted president Mohammed Morsi, which Egypt's government has branded a terrorist organization.

Fahmy — whose family moved to Canada in 1991 — lived in Montreal and Vancouver for years before eventu-

ally moving abroad for work, which included covering stories for the New York Times and CNN.

His family has previously praised the Canadian government, saying it had been working diplomatic channels to help win his release.

After Monday's verdict, however, Sherif Fahmy said Ottawa should take a clear and public stance in his brother's defence.

"Call the Egyptian president ... call the Egyptian ambassador in Canada, like Britain did today," he said.

"Do something that proves that you actually care for Mohamed, that is what I am asking them to do."

The Canadian government said it was "very disappointed" with the verdict.

"Canada calls on the Egyptian government to protect the rights of all individuals, including journalists, in keeping with the spirit of Egypt's new constitution and the desire of all Egyptians to build a fully democratic country," Lynne Yelich, junior minister responsible for consular affairs, said in a news release.

THE CANADIAN PRESS



## Seeing red in Ottawa

Gov. Gen. David Johnston stops to speak with a soldier as he inspects the Ceremonial Guard at Rideau Hall Monday in Ottawa.

ADRIAN WYLD/THE CANADIAN PRESS

## Sudan

### Woman convicted of apostasy freed from death row

A Sudanese woman on death row for apostasy had her sentence cancelled and was released by a Khartoum court on Monday, her lawyer and state media said.

State news agency SUNA said the Court of Cassation cancelled the death sentence against 27-year-old Meriam Ibrahim after her defence lawyers presented their case. Her lawyer, Eman Abdul-Rahim, said Ibrahim has left prison and is with her husband and two small children, who had been with her in jail.

Ibrahim, whose father was Muslim but who was raised by her Christian mother, was convicted of apostasy for marrying a Christian. Sudan's penal code criminalizes the conversion of Muslims to other religions, a crime punishable by death.

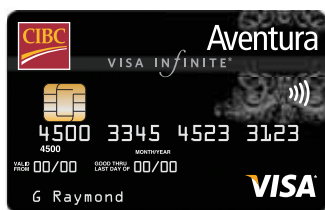
The sentence drew international condemnation, with Amnesty International calling it "abhorrent."

THE ASSOCIATED PRESS





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# Insanity defence eyed for accused campus shooter

**Seattle Pacific University.** Ybarra accused of shooting with a shotgun on campus

An attorney gave notice Monday that an insanity defence was being considered for a man charged with killing one student and wounding two others at a Seattle university.

The verbal disclosure came at a hearing where suspect Aaron Rey Ybarra pleaded not guilty to premeditated first-degree murder and other charges in King County Superior Court.

His defence attorney, Ramona Brandes, has not disputed accounts of the shooting. She maintains Ybarra suffers from mental illness and was unaware of his actions "until he heard a girl screaming."

Under state law, the de-



Shooting suspect Aaron Ybarra, left, is led in chains to a court hearing at a King County Jail courtroom on June 6. ELAINE THOMPSON/THE ASSOCIATED PRESS FILE

fence would have to provide written notice within 10 days to reserve the right to pursue an insanity defence.

Ybarra, 26, is accused of fatally shooting a 19-year-old Seattle Pacific University student and wounding two

others on June 5. Ybarra was stopped by a student building monitor who pepper-sprayed and tackled him as he reloaded his shotgun, authorities said.

In addition to the shotgun, police say, Ybarra was armed

with a hunting knife and carried more than 50 rounds of ammunition.

If convicted of all charges, Ybarra could face a sentence of up to 86 years in prison, King County Prosecutor Dan Satterberg has said. However, a provision of state sentencing law allows prosecutors to seek an exceptional sentence of life in prison "designed for this type of outrageous act of public violence," the prosecutor said.

In addition to the charge of premeditated murder, Ybarra has been charged with three counts of attempted first-degree murder and one count of second-degree assault. All of the charges could carry increased sentences because of firearms allegations.

Prosecutors amended the charges on Monday and added the third count of attempted murder against Ybarra for allegedly pointing a shotgun at a student.

THE ASSOCIATED PRESS

## France's cave art added to UNESCO's World Heritage list

This photo provided by the French Ministry of Culture shows a drawing in the Cave of Pont d'Arc in southern France. Drawings of mammoths, human footprints and other art carved on cave walls about 30,000 years ago have been inscribed on UNESCO's World Heritage list. The UN cultural agency says that the Decorated Cave of Pont d'Arc contains the best preserved figurative drawings in the world.

DRAC RHONE-ALPES, MINISTERE DE LA CULTURE/THE ASSOCIATED PRESS



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# Malaysia. Top court upholds ban on use of ‘Allah’ by non-Muslims

Malaysia’s top court weighed in Monday on the country’s long-standing fight over the word “Allah,” saying non-Muslims cannot use it to refer to God. But the government said hours later the judgment applied only to one newspaper at the centre of the case, adding still more confusion to a deeply divisive debate over religious freedom in the Muslim-majority country.

In a 4-3 ruling, the Federal Court upheld a government ban on the use of the word Allah by non-Muslims in a case against The Herald, a Catholic Malay-language weekly. The court did not elaborate on the implication of its ruling, but the government issued a tersely worded statement saying it only applied to The Herald, and Malaysian Christians can still use the word Allah in churches.

The government statement appeared to be an attempt to diffuse tensions in the nation of 29 million people, including a large non-

Bibles

Government officials declined to clarify whether the ban would apply to Bibles and other published texts, as appeared to be the case in last year’s ruling by the Court of Appeals that banned The Herald from using Allah.

- Earlier this year, Islamic authorities seized 300 Malay-language Bibles containing the word Allah from the office of a Christian group.

Muslim minority.

An umbrella group of Catholic, Protestant and Orthodox churches in Malaysia said Christians will continue to use the word Allah in their Bibles and worship, saying the court ruling was only confined to the Catholic newspaper. **THE ASSOCIATED PRESS**

Drone strikes

## U.S. justifies killing Americans

The Obama administration justified using drones to kill Americans suspected of terrorism overseas by saying it would not violate the laws of war, according to a government memorandum released Monday. The memo provided legal justification for the September 2011 killing in Yemen of Anwar Al-Awlaki, an al-Qaida leader who had been born in the United States.

THE ASSOCIATED PRESS

Pension murders

## U.K. couple get life for killing parents

A British husband and wife who murdered the woman’s parents and collected their pension cheques for 15 years were sentenced Monday to life in prison. A jury convicted Susan and Christopher Edwards of shooting William and Patricia Wycherly in 1998. **THE ASSOCIATED PRESS**



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Flight Sgt. John Joseph Carey died in combat in the Second World War. COURTESY MAUREEN PEGG

# Airman's body identified by genetic testing

**Second World War.** Flight Sgt. John Joseph Carey's remains were found in a German lake

Canada's Defence Department says the remains of a Second World War airman found in a German lake in 2008 have been identified as those of Flight Sgt. John Joseph Carey of Ottawa.

Carey's body was found in Laacher See, a lake south of Bonn, by a team of German explosives disposal divers and was identified by the Department

of National Defence (DND) through genetic testing.

A front air gunner of bomber Halifax BB214, Carey and fellow crew took off in the aircraft for Germany on August 28, 1942. They were shot down by a German night fighter. He was 22 at the time.

Born in Winnipeg, Carey moved to Ottawa in order to pursue his hockey dreams and was even invited to try out for the New York Rangers, according to his niece, Maureen Pegg. Carey was in good shape for the sport, she said.

Carey's death took a toll on the family, she added. Her

grandmother was never able to come to terms with it, she said.

His father also worked for years to see if they could lift the crashed plane to find Carey's body, a task that was deemed too risky at the time, said Laurel Clegg, a casualty identification co-ordinator with DND's Directorate of History and Heritage in Ottawa.

The recovery of Carey's body and his identification is bittersweet, said Pegg. His remains are to be buried at Rheinberg War Cemetery in Germany, on July 9.

AMY YEE/FOR METRO IN OTTAWA  
WITH FILES FROM THE CANADIAN PRESS

## Transport Canada should require company to retrofit plane: Widow

The widow of a man who died in a helicopter crash off Newfoundland says she's frustrated and worried that a key safety change isn't being acted on by the federal government five years after the disaster.

The Transportation Safety Board recommended in February 2011 that the Sikorsky S-92A helicopters be modified so that their gearboxes could run 30 minutes without oil. The recommendation was one of four made by the board after the crash of Cougar Flight 491 resulted in the deaths of 17 of 18 people on board in March 2009.

Lori Chynn, 47, of Deer Lake, N.L., lost her husband John Pelley, 41, a medic who was en route to a production platform, in the crash.

Transport Canada should have required Sikorsky to retrofit its aircraft to meet the 30-minute standard, she said.

The safety board says in the crash of Flight 491, oil leaked out after a filter broke off and minutes later the helicopter plunged into the ocean.



Wreckage of the Cougar Helicopter flight 491. PAUL DALY/THE CANADIAN PRESS

The original recommendation from the board called for the requirement to be in place for all new versions of the Sikorsky helicopter and that it be phased in for existing machines.

Martin Eley, director general of civil aviation at Transport Canada, said the agency believes the intent of the run-dry recommendation has been achieved because of a modification to the helicopter to ensure oil won't leak out in the first place.

He said the original cause of the leak — a broken stud that held on the oil filter — has been addressed with new types of studs.

The helicopter was originally certified by a Federal Aviation Administration through a provision that said the chances of oil leaking out was "extremely remote."

Transportation Safety Board investigators concluded the "extremely remote" exception should simply be dropped, effectively requiring the company to come up with a method to make the gearbox capable of running 30 minutes after losing most of its oil.

However, Eley said taking out the "extremely remote" provision isn't necessary. He said the term is used elsewhere in the standards and is part of a wider regulatory philosophy.

Since the crash, he said, the guidelines for determining when the chance of failure is "extremely remote" have been tightened and improved.

THE CANADIAN PRESS

### Victoria, B.C.

#### Fishing line strung across bike route, police warn

Police in Victoria have issued a warning to cyclists after someone strung fishing line across a bike route near the city's downtown.

A woman called 911 to report she'd removed the fishing line that could have endangered cyclists who wouldn't be able to see it.

Police say the caller wished to remain anonymous but they're asking her to phone back so they can gather more information.

THE CANADIAN PRESS

### Mistaken identity

#### Two men charged in halfway house shooting

Vancouver police say they've arrested two men in connection with a murder outside a halfway house that investigators believe was a case of mistaken identity.

Raj Soomel, 35, was shot dead in 2009 in what police said was a gang-related shooting. Police say 32-year-old Colin Stewart and 35-year-old Kevin Jones were arrested and charged with first-degree murder.

THE CANADIAN PRESS

### Connecticut

#### Man hides 19 bags of pot in left sock: Authorities

Authorities say a Connecticut man who told his probation officer he wasn't foolish enough to bring drugs into a courthouse had been hiding 19 bags of pot in his left sock.

Darren Shelley had a hearing Monday in Stamford Superior Court, but the case was continued until Aug. 7. Authorities say the 22-year-old Stamford man reeked of marijuana when he met with his probation officer. THE ASSOCIATED PRESS

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## Diplomacy. U.S. secretary of state Kerry visits Iraq during 'critical moment'

America's top diplomat said Monday that leaders of Iraq's factions must keep their commitments to seat a new parliament next week, before a Sunni insurgency sweeps away hopes for a lasting peace.

Meeting with all factions, U.S. Secretary of State John Kerry had a dire message to leaders of Iraq's bitterly divided Shiite, Sunni and Kurdish political coalitions who have lived through more than three decades of dictatorship, sanctions and wars.

"This is a critical moment for Iraq's future," Kerry said at a news conference in Baghdad. "It is a moment of decision for Iraq's leaders and it's a moment of great urgency."

Sunnis frustrated with being cut out of power are increasingly joining the Islamic State of Iraq and the Levant, a bloody insurgency that has been emboldened by battlefield successes in

### Quoted

"The very future of Iraq depends on choices that will be made in the next days and weeks."

U.S. Secretary of State John Kerry

neighbouring Syria's civil war and has made rapid and record gains in Iraq over the past two weeks.

Kerry is seeking to hold the officials to a government transition that the U.S. believes will stave off the threat of a new civil war by giving more power to Iraq's minorities.

Kerry offered few details of his closed-door meetings in Baghdad. But he said each of the officials he met with — including Shiite Prime Minister Nouri al-Maliki — committed to seat a new parliament by July 1 as the constitution requires.

THE ASSOCIATED PRESS



Mourners bury 15 bodies on Monday in a cemetery in the village of Taza Khomato near the northern oil-rich city of Kirkuk, Iraq. EMAD MATTI/THE ASSOCIATED PRESS

# Ukraine separatists agree to ceasefire

**Negotiations.** Rebels also promise to release hostages — observers from the Organization for Security and Co-operation in Europe — as talks continue

Insurgents promised Monday to honour a ceasefire declared by the Ukrainian president and engage in more talks to help resolve the conflict that has left hundreds dead in eastern Ukraine.

The announcement came on the first day of talks between a former Ukrainian president, the Russian ambassador, European officials and the eastern separatists who have declared independence.

The negotiations were launched in line with President Petro Poroshenko's peace plan, which started with a week-long unilateral ceasefire Friday to uproot the mutiny that has engulfed the nation's industrial east. Hundreds of people have been killed in the fighting and tens of thousands have fled their homes.

Alexander Borodai, one of the rebel leaders who took part in Monday's talks in Donetsk, Ukraine, said they would respect the ceasefire declared by Poroshenko, which lasts into Friday.

The rebels, who have declared their border regions independent and fought government troops for two months, also promised to release the observers from the Organization for Security and Cooper-



A girl says goodbye to her friend, a volunteer, during a ceremony on Monday to take the oath of allegiance to the country, in Kyiv, Ukraine. SERGEI CHUZAVKOV/THE CANADIAN PRESS

ation in Europe, whom they have held hostage.

President Vladimir Putin, meanwhile, talked on the phone Monday with President Barack Obama, urging direct talks between warring parties in Ukraine.

The Kremlin said Putin underlined in Monday's conversation that in order to normalize the situation in eastern Ukraine it's necessary to "effectively end fighting and start direct talks between the conflicting parties." THE ASSOCIATED PRESS

### Pointing fingers

- The Ukrainian government has accused the rebels of firing at government forces' positions since the unilateral ceasefire was announced, while insurgents have accused the Ukrainian forces of failing to observe it.
- President Petro Poroshenko has said that government troops will fire back if attacked.
- Poroshenko's office said Monday that he had offered Russia a chance to send its own OSCE observers to join the OSCE mission in Ukraine to see that government troops were observing the ceasefire.

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## Quebec prison escapees appear in court

Tight security surrounded the court appearance Monday of three men who used a helicopter to break out of prison and were hunted worldwide until they were nabbed in a luxury condo.

Yves Denis, Denis Lefebvre and Serge Pomerleau looked weary in the prisoners' dock during arraignment on charges of escaping lawful custody and prison breach.

Quebec Superior Court

Justice Louis Dionne also suspended two of his earlier rulings that eased the men's conditions behind bars before their brazen escape on June 7.

He took away computer privileges for Pomerleau and revoked permission allowing the men to circulate together in the prison yard.

Details of the arguments in court cannot be reported because of a ban on the publication of details.

Conditions for the men had been eased before their escape despite the prison being aware that there was the possibility of a plot to break them out.

Acknowledgment of the existence of a possible jail-break conspiracy is contained in Dionne's judgment dated March 24.

Dionne had been asked to rule on the strict security conditions, which the inmates

### On the run

Pomerleau, Denis and Lefebvre were the subject of an Interpol red alert since their escape two weeks ago.

argued prevented them from helping in their defence on charges of murder and gangsterism.

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An Israeli soldier carries a shell to his tank near the Israeli village of Alonei Habashan, vehicle in Golan Heights was targeted by forces in neighbouring Syria on Sunday in an Syrian government targets, the Israeli military said. ODED BALILTY/THE ASSOCIATED PRESS

## Syria says in Israeli

**Retaliation.** Latest raids come after Israeli teenager killed by anti-tank missile fired from Syrian side of border

The Syrian government said Monday a series of Israeli airstrikes targeting its troops in retaliation for a deadly cross-border attack killed four people and wounded nine others, in its first comment on the overnight incident.

It said the attack was a "flagrant violation" of Syrian sovereignty, but in a departure from previous incidents when Israeli warplanes struck targets in Syria, the government did not vow retaliation.

Israel's prime minister on Monday warned the warring parties in Syria against any attempt to heat up tensions along the dis-

puted frontier, hours after the Israeli air force carried out a string of airstrikes in Syria in response to the attack, which killed an Israeli teenager riding in a civilian vehicle.

Prime Minister Benjamin Netanyahu said Israel would respond with even tougher force if there are any further attacks.

"Last night we operated with great force against Syrian targets that acted against us, and if needed we will use additional force," he told members of his Likud Party. "We will continue to forcefully hurt anyone who attacks us or tries to attack us."

The Israeli military said the air raids struck nine targets in neighbouring Syria.

A statement issued by Syria's Foreign Ministry said five Israeli warplanes carried out the raids, which were accompanied by mortar rounds and tank shells.

It said four people were killed and nine others wounded, add-

etter half.





close to the Quneitra border crossing in the Israeli-controlled Golan Heights. A civilian attack that killed a 15-year-old boy and prompted Israeli tanks to retaliate by firing on

# 4 killed airstrikes

ing that the attacks caused extensive damage to Syrian army positions and equipment. It did not provide further details.

The director of the Britain-based Syrian Observatory for Human Rights, Rami Abdulrahman, said the Israeli strikes destroyed two tanks, two artillery batteries and the headquarters of Syria's 90th brigade.

The latest air raids came after an Israeli civilian vehicle was struck by what the Israeli military said was a Kornet anti-tank missile fired from the Syrian side of the border as it drove in the Israeli-controlled Golan Heights.

A teenage Israeli boy was killed and two other people were wounded in what was the first deadly incident along the volatile Israeli-Syrian frontier since the start of the Syrian civil war.

It was not clear whether the attack was by government troops or rebels. But Israeli officials said suspicion was focused

on Syria or its Hezbollah allies, since both are known to possess Kornet missiles.

THE ASSOCIATED PRESS

## Syrian uprising

- Israel has kept a close eye on the Syrian uprising since it began in March 2011, although it has avoided backing either side. On several occasions, artillery rounds have landed on the Israeli side of the de facto border, drawing limited Israeli reprisals.
- Israel also has carried out several airstrikes in Syria over the past three years, primarily targeting suspected weapons shipments allegedly destined for Hezbollah militants in neighbouring Lebanon.

## Felony

### Man arrested for allegedly aiming laser at helicopter

A Puerto Rican man has been arrested for allegedly aiming a laser pointer at a police helicopter during a security operation, the FBI said Monday.

The FBI identified the suspect as Christopher Jusino Rodriguez of Ponce.

They allege he aimed the laser light at a police helicopter during a June 19 operation at the Santiago Iglesias public housing complex.

Police say they saw a green light coming from an apartment balcony and the hand-held pointer, also known as a laser pen, impeded the vision of officers in the helicopter. Officers on the ground were directed to the apartment and allegedly saw a man on a balcony

with the device.

Officers who responded to the suspicious apartment said that Jusino acknowledged pointing the laser at the helicopter. They said he retrieved the device from a trash can.

Jusino faces a maximum of five years in prison if convicted of aiming a laser pointer at an aircraft.

Laser pointers are legal and are commonly used in classrooms and conference rooms. But it's a felony to

aim them at aircraft. The Federal Aviation Administration has reported an increase in people pointing lasers at aircraft in recent years, including nearly 4,000 cases in 2013.

Earlier this year, the FBI announced a program aimed at deterring people from pointing lasers at aircraft and rewarding those who come forward with information about individuals who do it.

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Tokyo city assemblyman Akihiro Suzuki bows to his female counterpart Ayaka Shiomura at Tokyo Metropolitan City Hall in Tokyo as he apologized for a sexist remark he made last week. KYODO NEWS/THE ASSOCIATED PRESS

# Heckler apologizes for sexist comments

**Hooting and hollering.** Japanese assemblyman comes forward after officials scramble to identify who made derogatory remarks at a presentation on fertility and marriage

A Tokyo city assemblyman apologized Monday for shouting out a sexist remark at a female counterpart last

week — but denied that he meant to insult her.

Akihiro Suzuki, 51, reversed his earlier denial and came forward five days after officials scrambled to identify the voices heard during Ayaka Shiomura's presentation on issues such as infertility, maternal support and delaying marriage during an assembly session Wednesday.

A voice from the floor said "You are the one who should get married first," followed

by laughter and more heckling, including, "She must be single" and "Can't you even have babies?"

Suzuki apologized over the first remark, but denied making the others. He said he never meant to insult her but wishes she could marry soon.

"I really hoped she could marry soon, bearing in mind this ongoing trend where women are delaying marriage and having fewer children," he said.

"But there are people who cannot do so

even if they want to, and I realize what I said lacked consideration."

Suzuki said he personally apologized to Shiomura, a 35-year-old former TV personality, and her colleagues of opposition Your Party before the news conference.

He left the ruling Liberal Democratic Party to take responsibility for causing the embarrassment to his fellow members, but vowed to keep his seat in the Tokyo assembly.

THE ASSOCIATED PRESS

## Mothers should get paid leave, Obama says

President Barack Obama said Monday that the United States should join the rest of the industrialized world and offer paid leave for mothers of newborns.

"Many women can't even get a paid day off to give birth — now that's a pretty low bar," Obama said at the White House Summit on Working Families. "That, we should be able to take care of."

The president is talking about paid maternity in the midst of a midterm election campaign focused on women voters, raising questions about

### Paid leave

**"Many women can't even get a paid day off to give birth — now that's a pretty low bar."**

President Barack Obama on his views about paid maternity leave

how he would fund such a system.

While some companies offer paid family leave to attract workers, the 1993 Family Medical Leave Act only requires that employers provide unpaid leave for medical and family reasons.

Obama praised California, Rhode Island and New Jersey

for creating a state benefit.

But he has not endorsed legislation that would create a similar national system funded by a payroll tax, and he pledged in his 2008 presidential campaign not to raise taxes on families making under \$250,000 a year.

Rep. Rosa DeLauro, D-Conn., has introduced legislation that

would provide up to 12 weeks of paid leave through a fund in the Social Security Administration, paid for by contributions from employees and employers of 0.2 per cent of wages.

She said she has personally encouraged the president to back it and hopes he will, despite his tax pledge.

"We're talking about 2 cents of every \$10," she said in an interview at the summit. She said without such a fund, eight out of 10 workers can't take advantage of their right for family leave because they can't afford it. THE ASSOCIATED PRESS

## Living near reactors? CNSC proposes giving people radiation-fighting pills

Canada's nuclear watchdog for the first time is proposing that people living near reactors be given a precautionary stock of radiation-fighting pills in case of an accident.

The Canadian Nuclear Safety Commission has been reviewing the country's emergency preparedness and response regulations in the wake of the meltdown at Japan's Fukushima reactor in 2011.

Many countries have already adopted a system where residents near nuclear reactors are given iodine thyroid blocking tablets to store in their homes. The thyroid glands, especially in younger children, are the most susceptible to absorbing radiation that is ingested or inhaled.

The safety commission has been consulting with

various groups, including environmentalists and nuclear license holders, on its latest regulatory draft. It is proposing the tablets be made available within "plume" area of radiation, of about 10 kilometres, for a selective portion of people.

Some energy producers have expressed concern about the proposal, and have balked at the idea that a "selective" pre-distribution be undertaken for a wider area beyond the first 10 kilometres.

A nuclear safety commission document summarizing the comments lists Ontario Power Generation as wanting to delete the words "selective pre-distribution" and adding the words "the opportunity for pre-distribution ... will be made" within the 10 kilometre zone. THE CANADIAN PRESS

### Quoted

"This is a good step towards catching up with other countries; Canadians deserve protection on par with international best practices." Shawn-Patrick Stensil, nuclear analyst for Greenpeace

## Geneva. World's largest atom smasher gearing up for its 2nd three-year run

The Large Hadron Collider, which was used to discover a long-theorized subatomic particle, is designed to push the proton beam close to the speed of light, whizzing 11,000 times a second around a 27-kilometre tunnel on the Swiss-French border near Geneva.

The world's top particle physics lab known by its French acronym CERN said Monday that the \$10 billion collider is being improved and is on track to resume early next year at

double its former energy level.

Once it restarts, two beams will be fired again within the collider at the same time in opposite directions with the aim of recreating conditions a split second after the Big Bang, which scientists theorize was the massive explosion that created the universe.

The next experiments could reveal more on "dark matter," antimatter and possibly hidden dimensions of space and time.

THE ASSOCIATED PRESS

### Alaska

#### Delivery, North Pole style

A flooded creek was not enough to keep an Alaska restaurant owner from delivering Thai ribs and fried rice to stranded customers over the weekend. Anuson "Knott" Poolsawat, owner of Knott's Take Out in North Pole, forded the swollen waters of Clear Creek to reach two customers stuck along the Richardson Highway. THE ASSOCIATED PRESS

### Planet Earth

#### The world breaks heat record

Driven by exceptionally warm ocean waters, Earth smashed a record for heat in May and is likely to keep on breaking high temperature marks, U.S. experts say.

The National Oceanic and Atmospheric Administration Monday said May's average temperature on Earth of 15 C beat the old record set four years ago.

THE ASSOCIATED PRESS



# Take this Ringly as a sign of love for my phone?

**Commitment.** For those looking to take things with their smartphone to the next level, comes a Bluetooth-connected ring

The first wearable tech smart ring vows to keep you connected to your phone. Ringly uses Bluetooth LE to alert wearers to a call, text or even Tinder.

The New York-based boffins behind the band say it's designed to help women discreetly stay on top of hectic social and professional engagements without the need to constantly check their phone.

The 18 karat gold-plated gadget inlaid with a choice of four semi-precious stones — black onyx, rainbow moonstone, pink sapphire, and emerald stone — features four vibration patterns and five colours that can be assigned to different notifications.

Co-founder Christina Mercado tells Metro why women need to have their (ring) finger on the smart technology pulse.

**Nowadays, we're more connected to smart technology than ever before, so why do women need this piece of wearable tech?**

One day after work I was out with some friends and totally lost track of time. My phone was buried in my purse, so I didn't get any of the texts from my boyfriend, who was telling me that I was late for our dinner reservation. That's when I realized that women have this huge problem of missing important phone calls and notifications because they, unlike men, don't keep their phones in their pockets.



In a serious relationship with your smartphone? Put a Ringly on it. RINGLY

## Market Minute



**DOLLAR**  
93.23¢  
(+0.22¢)



**TSX**  
15,105.63 (-3.34)



**OIL**  
\$106.17 US (-\$0.66)



**GOLD**  
\$1,318.40 US (+\$1.80)

**Natural gas:** \$4.44 US (-\$0.08)  
**Dow Jones:** 16,937.26 (-9.82)

**Is the functionality of the design more important than its esthetic?**

We are a fashion-first company that packs small and powerful technology into beautiful jewelry. It was important to create a product that women would want to wear even if it didn't have technology inside.

**The ring sends an alert if the wearer strays too far from their smartphone. Is this made for the forgetful and**

**absent-minded?**

Nowadays we have to worry about so many things: wallets, keys, metro cards and phones. There have been many occasions when I leave the house without my phone, so we decided to build in a feature that would solve this as well. The range of connection to your phone is around 20 feet, and if you walk too far away from your phone or leave it behind Ringly will notify you that you are out of range.

METRO WORLD NEWS

## America

### Defective airbag recall spreads

A recall of defective air bags is spreading to more manufacturers.

BMW, Chrysler, Ford, Honda, Mazda, Nissan and Toyota will all recall cars at the U.S. government's request because their air bag inflators could rupture. If that happens, the air bags might not work properly in a crash, and shards from the ruptured system could fly out and cause injury.

In each case, the air bags are made by Japanese supplier Takata.

THE ASSOCIATED PRESS

## New Jersey

### There will be no sports betting in Atlantic City: Court

The U.S. Supreme Court on Monday left in place a ban on sports gambling in New Jersey, rebuffing an attempt to bring betting on professional and college sporting events to Atlantic City casinos and the state's racetracks.

The state's appeal was led by Gov. Chris Christie. It argued that New Jersey was trying to limit illegal sports wagering and capture some of that money for the state treasury.

THE ASSOCIATED PRESS

## Germany

### Robot 'Ray' is the valet of the future

Plane to catch and can't find a parking spot?

Travellers at Duesseldorf airport in Germany can soon leave the job to a robot valet.

An airport spokesman says the robot, nicknamed Ray, starts work Tuesday and can be booked using a smartphone app.

All travellers need to do is leave their car in a designated area and confirm it's empty and ready to go. Then Ray or one of its colleagues will take the car to one of the spaces reserved for robots.

THE ASSOCIATED PRESS

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Proposal Administrator | Trustee in Bankruptcy

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# SORRY, PANTENE, I'M NOT BUYING IT

Pantene wants women to stop saying, "Sorry." Last week the hair-care brand launched a new marketing video that depicts women saying "sorry" in various situations that really don't warrant an apology.

The viral video, which already has more than two million views on YouTube, urges women to stop asking for forgiveness in everyday situations, be confident and #shinestrong.

This shine strong message is a subtle reminder that Pantene isn't only selling female empowerment, it's also hawking shampoo with pro-v antioxidant formulas designed to give you shiny, glossy hair.

The Sorry Not Sorry video reminds me of Dove's Campaign for Real Beauty, which encourages women to love our bodies and be proud our curves. It's a nice idea, but Dove subverts its own body-positive messaging by retailing intensive firming cream



**SHE SAYS**  
**Jessica Napier**  
metronews.ca

designed to eradicate the same cellulite we're supposed to be embracing.

The problem with both campaigns is that these companies — as progressive as they might hope to appear — are out to sell products. Dove and Pantene tell us to be confident in our own skin but they're also trying to cash in on our insecurities. We buy hair spray and scented body wash and moisturizing lotion because we have been told we should look and smell and feel a certain way.

Of course we shouldn't be apologizing all the time ... unless it's about our dull, lacklustre hair, right?

Despite what Pantene would have us believe, I don't think "sorry" is a gendered word designed to disempower modern women. The word has simply become a habitual placeholder for all sorts of phrases. It's a term used by both men and women to get someone's attention

## #thisisnotwhatfeminismlooklike

Faux-feminist rallying cries like #wearebeautiful and #shinestrong are hard to stomach when you consider the fact that these companies are ultimately the ones perpetuating the beauty standards they claim to overthrow.

or as a knee-jerk response to any sort of physical contact with a stranger. I don't say "sorry" because I feel weak in my everyday life; I say "sorry" because it's usually the polite thing to do and because I was raised in a country of overly-apologetic Canadians.

I understand that beauty companies want to create a meaningful dialogue with women, but they have to stop patronizing us with these over-the-top viral videos and cutesy hashtags.

So I'm sorry, Pantene, I'm not buying your marketing campaign — or your hair products.

## ZOOM

# Futbol and fancy dress



ALL PHOTOS THE ASSOCIATED PRESS UNLESS OTHERWISE NOTED



While some of these teams didn't survive the first round, Metro salutes all of the World Cup fans who, no doubt, have made their fellow countrymen and women proud. Clockwise from top left: Fans from Cameroon, Argentina, Netherlands, Brazil, Honduras and Croatia cheer on their teams.

## Biggest spenders\*

61K  
ARGENTINA



1.36M  
BRAZIL



197K  
U.S.A.



59K  
GERMANY



58K  
ENGLAND



\* Countries that bought the most tickets to World Cup games, as reported by Forbes.com

## Least hooligan-y

- Japanese fans scored top points at this World Cup from the clean-up crew, after tidying up after themselves and leaving stands immaculate.

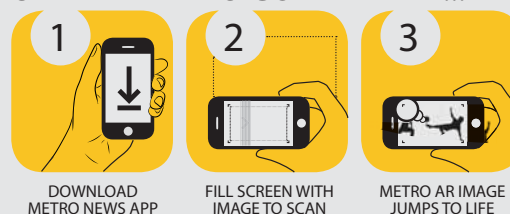
## Most appropriated

**Oct. 22, 2003**

Date which can be traced as the birth of what is now soccer's most prolific chant. It began in a bar in Milan with fans of Belgium's Club Brugge K.V. chanting a riff from Seven Nation Army by the White Stripes. This was adopted and nurtured by Italy, brought across the Atlantic by Penn State, and then co-opted by fans around the world. **DEADSPIN.COM**

## METRO AUGMENTED REALITY

SEE THE NEWS COME ALIVE...



In this issue, you can find AR enhancements on page 19 in Scene and page 23 in Sports

To see pages from Metro spring to life, simply download or update the Metro News app available from your device's app store and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.
2. Hold your device over any image that has the AR logo near it. Make sure you wait for the green scanning bar to read the image!
3. Voilà! You should see the AR in action — like a video, slide show or mobile content experience. You can even move your phone away from the page and interact with the content directly on your device.

## MetroTube

# The man who runs with bees



**ANDREW FIFIELD**  
andrew.fifield@metronews.ca

Like moving to the country and opening a bait shop, beekeeping's a career that's easy to admire from afar on a day when you've had enough of sitting at a desk.

Oregon beekeeper Wolf Carr never had such idle daydreams, it seems. He figured out pretty early on that having hives was the life for him and this short profile film makes his typical day seem like one to envy. If this lovely slice of Wolf's sweet life has you intrigued, you can learn more at julietzulu.us. And if that's not enough, we could always take up beekeeping together. (Juliet Zulu/Vimeo)



SCREENGRAB



# How Banks found salvation in dark R&B

**Musical catharsis.** Singer has anger to thank for her songwriting and subsequent success

**RICHARD PECKETT**  
Metro World News in London

"If I wasn't that lost or lonely, I don't know if I would have even discovered music," says Jillian Banks, the R&B singer-songwriter better known as Banks. She's speaking of her parents' divorce; the mental distress and solitude of her teen years were escalated through her family's domestic disputes.

But rather than go full-throttle on self-destructive teen rebellion, the L.A.-based 26-year-old, whose debut album *Goddess* drops this September, used her anger as a catalyst for musical creativity.

"It was such a blessing to be so angry," she explains. "If I wasn't in such a dark place I wouldn't have been in a weird enough mood to start tinkling about on the piano."

She channelled her repressed inner turmoil into a "fake keyboard that only needed a napkin-light touch to make a noise," she shares.

This instrumentally crude musical catharsis was the beginning of what would become her now signature darkly pulsing beat. "I felt like this person who wanted to scream, but didn't have a voice. I felt mute and completely helpless because I didn't know what to say or how to say what I was feeling. And all of a sudden all of



Banks' debut album, out in September, is called *Goddess*. GETTY IMAGES

these weirdly intricate poems were coming out with melodies on top of chords."

Banks had had no formal musical training at this point. In fact, she still writes all her songs by ear, which maybe accounts for her alternative, sultry brand of R&B. Her writing is an emotional confessional, apt from an artist who has a bach-

elor's degree in psychology.

"My music speaks for itself with what I go through — things that are hard to talk about in real life. Music is where I feel completely liberated and free to express myself."

Her candid honesty led to her first accidental release *Before I Ever Met You* to be

## AUGMENTED REALITY

→ Want to see a beautiful music video? Scan this photo with your Metro News app to check out Banks' video for her song *Waiting Game*.



→ See the full instructions on Metro's Voices page.

dubbed a breakup jam.

True to her word, Banks is reticent when asked to divulge the so-called "nitty gritty" of what sparked the song. But she admits that all her music is "me, me, me, me. It's almost voyeuristic to listen to; I'll have to be fearless releasing all this stuff — I just hope people connect to it," she giggles.

She doesn't need to worry. Banks has already been anointed by BBC Radio 1's Zane Lowe, who nominated *Before I Ever Met You* as his Next Hype record in 2013, can count Katy Perry among her fans and has had tracks used both on a Victoria's Secret ad and the movie *Divergent*.

None of this would have been possible had Banks' manager not been bold enough to rip the track from her private SoundCloud account and whisked it away to the influential ear of the BBC DJ.

"It was a blessing from the universe," she says. "It kind of gave me that extra little push to be fearless; I would die for him [Zane Lowe]," Banks gushes.

## DVD review



## Enemy

Director. Denis Villeneuve

Stars. Jake Gyllenhaal, Melanie Laurent

Toronto history professor Adam Bell (Jake Gyllenhaal) suddenly finds the present more urgent than the past when a perfect doppelgänger named Anthony aggressively enters his life. This is the deceptively simple setup to *Enemy*, a taut psychosexual thriller by Quebec's Denis Villeneuve that won a leading five prizes at this year's Canadian Screen Awards, including Best Director. Based on The Double, a novel by Nobel Prize-winning novelist José Saramago, the film was shot in Toronto and bathes the city in sinister hues of brown and grey, making it seem like a character. Admirers of Alfred Hitchcock, Roman Polanski and David Lynch will find a friend in *Enemy*, which also includes intriguing figures played by Sarah Gadon, Mélanie Laurent and Isabella Rossellini.

PETER HOWELL

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2 SCENE





Lindsay Lohan GETTY IMAGES

## London's calling Lohan, but it looks like Kate Moss won't be on the line

If Lindsay Lohan is looking to make her move to London permanent, she's not off to a good start with the locals. Lohan reportedly drew the ire of Kate Moss after reaching out to Moss' husband, musician Jamie Hince, upon her arrival across the pond, which apparently upset the British supermodel, according to

the Sun. Tensions came to a head during a recent run-in between Lohan and Moss at a London restaurant where Moss "was ranting about it to fellow diners," a source says. "The argument went on for a while, and Kate seemed extremely annoyed with Lindsay. People around them noticed it was going on."



Matthew McConaughey GETTY IMAGES

## Too many bucks to get Matthew back in the buff?

Yes, there will be a Magic Mike sequel, but don't expect Matthew McConaughey to show up for this one. "Word has it Matthew is probably not going to be involved in this one because he's worth a lot of money," co-star Gabriel Iglesias tells Dish Nation. "That whole Oscar thing. The nerve, right?" Iglesias explains that while he hasn't

seen the full finished script yet, what he has seen so far does not include McConaughey's character. "All they're telling me — because they haven't shown me the whole script yet — is that they're taking the show on the road," he says. "So something tells me it's not going to be shot in Florida like the last one."

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### The Word



## Kim Jong Un-happy about portrayal in new Franco-Rogen film

MELINDA TAUB

Metro World News

If James Franco and Seth Rogen were hoping for an invite to a pickup basketball game with North Korean dictator Kim Jong Un, they can just forget it. Kim Jong Un is in a celebrity feud with them now.

Franco and Rogen star in the upcoming film *The Interview*, in which they play the star and producer of a TV talk show.

Lizzy Kaplan of the CIA informs them that Kim Jong Un is a big fan of their show, and asks them to go to North Korea and assassinate him.

The trailer for the movie dropped on June 11,

and Kim Jong Un, who is believed to be a Western movie buff like his father Kim Jong Il, is not pleased to find himself targeted for a fictional assassination. Unlike most celebrity beefs, this one cannot be settled on Twitter as Miss Manners recommends, but Kim has informed the world of his displeasure through a spokesperson.

"There is a special irony in this storyline as it shows the desperation of the U.S. government and American society," his spokesman Kim Myong-Choi said, according to the Guardian. "A film about the assassination of a foreign leader mirrors what the U.S. has done in Afghanistan, Iraq, Syria and Ukraine. And let us not forget who killed (President John F.) Kennedy — Americans."

"In fact, President (Barack) Obama should be careful in case the U.S. military wants to kill him as well."

If the military sends Seth Rogen and James Franco to do the job, I think Obama will be just fine.

## Cobain's kin thinks Del Rey's dying wishes aren't doing her any good

Whether or not Lana Del Rey actually thinks it's cool for singers to die young, she told *The Guardian* that's what she thinks, so it's out there to stay. You know who definitely doesn't think it's cool for singers to die young? Frances Bean Cobain, that's who. The daughter of Courtney Love and Kurt Cobain — the latter of whom died two decades ago at the age of 27, before Frances Bean was even two — took to Twitter to share her thoughts on the matter.

"I'll never know my father because he died young & it becomes a desirable feat because ppl like u think it's 'cool'" she tweeted at Lana Del Rey. "Well, it's f—ing not. Embrace life, because u only get one life. The ppl u mentioned wasted that life. Don't be 1 of those ppl."

Cue the Lana Del Rey supporters, who then accused FBC of attacking LDR. (Can we get these initials-as-nicknames thing to stick?) But Frances was



Frances Bean Cobain TWITTER

quick to say that she is also a supporter, since, duh, she doesn't want Lana Del Rey to die young.

"I told her to not waste her life. How is that attacking," she posted.

## Dancing with the suitors: JLo appears to be getting jiggy with new man

Jennifer Lopez and *Dancing with the Stars* pro Maksim Chmerkovskiy aren't doing much to dispel rumours that they've recently started dating, if their recent night out at Connecticut's Foxwoods Casino following one of Lopez's concerts is any indication. "Maks was whispering into her ear and hugging her. They looked very flirty together," a source tells *Us Weekly* of the pair's time spent in the VIP area of the casino's Shrine nightclub.



Jennifer Lopez GETTY IMAGES

"She had a huge smile on her face and looked like she was having a great time."

### Twitter



@KevinHart4real

Ladies my new nickname is "Bam Bam" and "The BULGE" you know why if you saw "Think Like A Man Too" this past weekend!!! Lmfao



@ElizabethHurley

Just picked the perfect English rose on a perfect English day



@therealroseanne

leftys and rightys r both wrong.



# A 360-degree beach body plan

Stop comparing yourself to bikini models. Be your own boss. Eat lots of lean meat. Manipulate your metabolism. Health and fitness experts tell us what to do to look great four weeks, not four days, before your summer holiday.

ROMINA MCGUINNESS  
Metro World News

## It's \$\$\$, but when you can, buy organic

You'll be taking in fewer calories, so you need to make sure your body is getting the most nutrient-dense foods possible: "The same nutritional count is in an organic blueberry as a non-organic one; only the latter is loaded with chemicals your body cannot process. These are then stored by the body as a low level of inflammation, damaging cells at a high rate. Clean, organic foods, however, will go through your body with ease," says Gwyneth Paltrow's personal trainer Tracy Anderson.

## Only pure protein

"You need to make sure your body has protein at the ready to build and rebuild tissue that has been torn down during a workout. And by that, I don't mean quinoa and

lentils, but non-fried, non-processed lean beef, chicken, eggs or fish," fitness expert Gunnar Peterson, who works out with most of the Kardashians.

## Be your body's boss

"As soon as you're out there on the beach and you order some nachos and a margarita — you're going to bloat right back up," warns Anderson. "If you think you have about five pounds to lose ... then aim to shed 10." This will give your body leeway.

## Have a plan, and actually stick to it

"Starving yourself is nothing but brain damage," Michelle Bridges, well-being guru and author of *Total Body Transformation*, tells Metro. Be consistent: "Get on the scales, jot your measurements down, and do a mini fitness test: Time how long it takes you to run one kilometre, and see how many crunches, squats, and push ups you can do in one minute. Now start training for 30-45 minutes, six days a week. The most important is to establish a routine. Redo that same fitness test after four weeks, and I can guarantee you will have improved."

## Sleep is when your body goes to work

When you think of bodybuilding, you picture big workouts and big weights, though that's actually not good for your body. Muscle tissue is broken down during a workout, only to be repaired and strengthened during the recovery process. But this can't happen without sleep, which is when the body fixes itself, says Peterson. "Sometimes it's not about getting in another workout, but an extra hour of sleep. Some people get by on four, but that's not optimal; the body shuts down after a while. Seven hours is good for an adult."

## Manipulate your metabolism

Turn your engine from a two-stroke to a V8: "The best way to increase your

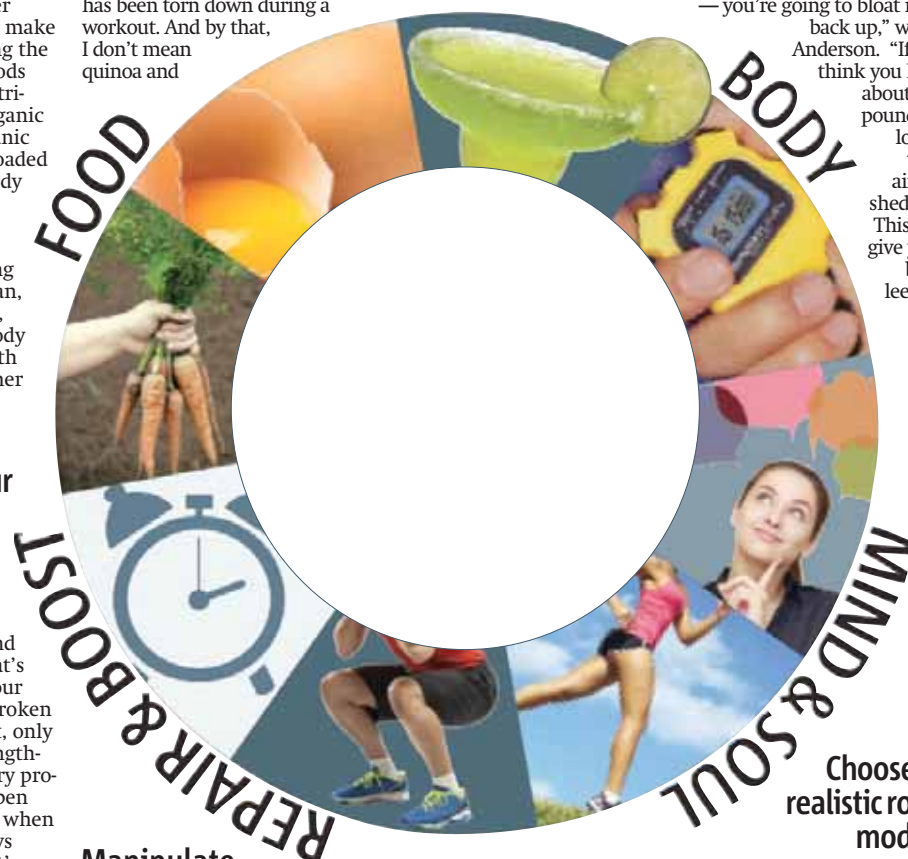
metabolism is to include weights (such as kettle bells or dumbbells) in your cardio-based workouts. Your muscles will become leaner and denser, which in turn, helps burn more body fat.

## Choose a realistic role model

"If you truly believe that beauty is looking like a random magazine model, you're never going to be happy. You're never going to feel good in a bikini, or naked for that matter," warns Anderson.

## What do you really want?

"Want an awesome diet and exercise plan? Google it," says Bridges. The real issue is figuring out what's going on in your head: "People beat themselves up mentally when a diet doesn't work out, which is far more damaging than being overweight ever will be. Nothing is going to change unless you adopt the right mindset. Figure out a week-by-week schedule, and think about what you really want, whether that's fitting into a size 10, or being able to run five kilometres. Only then will you be ready to tackle the rest," she explains.



### In case of injury

## Your summer first-aid kit



**BEST HEALTH MINUTE**  
Bonnie Munday  
Editor-in-chief  
Best Health Magazine

School's out this week, and family vacations are on the calendar. Canadian families need to be prepared for any medical emergencies.

To help prepare, in the summer issue of *Best Health* we asked a nurse what she keeps in her own first-aid

kit. Here's what Caitlin Mason, a thoracic nurse at the Victoria General Hospital in Halifax, typically has on hand.

1. **BANDAGES.** Always have a variety of sizes, says Mason.
2. **TWEEZERS.** These are a great tool for splinter removal.
3. **DISPOSABLE LATEX GLOVES.** They'll keep you and the person you're assisting safe from bodily fluids.
4. **INSTANT ICE PACKS.** These are convenient temporary

relief for swelling or sports injuries.

5. **HAND SANITIZER.** If you don't have soap and water handy, this offers a quick cleanse until you can properly wash your hands.
6. **SALINE SOLUTION OR ANTISEPTIC.** You'll need this to clean out cuts and scrapes.
7. **ASPIRIN.** This helps relieve mild pain and inflammation.
8. **BENADRYL, OR ANY ANTI-HISTAMINE.** It will treat some allergic reactions.

**PLUS** Gauze and adhesive tape to dress wounds (and scissors for cutting the gauze and tape); and a tensor bandage for sprains.

Mason also recommends keeping your first-aid kit stocked with a CPR mask to protect yourself from bodily fluids during mouth-to-mouth resuscitation.

You can get these at your local St. John Ambulance and at some drugstores.

We found a couple of natural remedies as options, too: Medical-grade manuka honey is a natural antibacterial and

anti-inflammatory; it has been shown in a small study to reduce healing time by 40 days compared to conventional wound treatment.

And arnica cream is really good for bruising and swelling.

Of course, always seek immediate professional medical care in emergencies.

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# Sweeten soup pot for red lentil day

## Affordable family food

### Ancient crop packs a one-two punch



**NUTRI-BITES**  
Theresa Albert  
DHN, RNCP  
myfriendinfood.com

Protein packed lentils are one of the most ancient crops known to have been cultivated. It crops up in history 8,500 years ago likely because it is a plant that grows easily in arid or cool regions. Loads of varieties are available and they are cheap and easily found at any grocery store. They are one of the few beans that don't require soaking or any other preparation which makes them a perfect and affordable family food.

Some of the more common varieties include:

- **Puy lentils:** Small blackish green, lower-starch variety. Great for creamy side dishes.

- **Green lentils:** Firm, larger pods

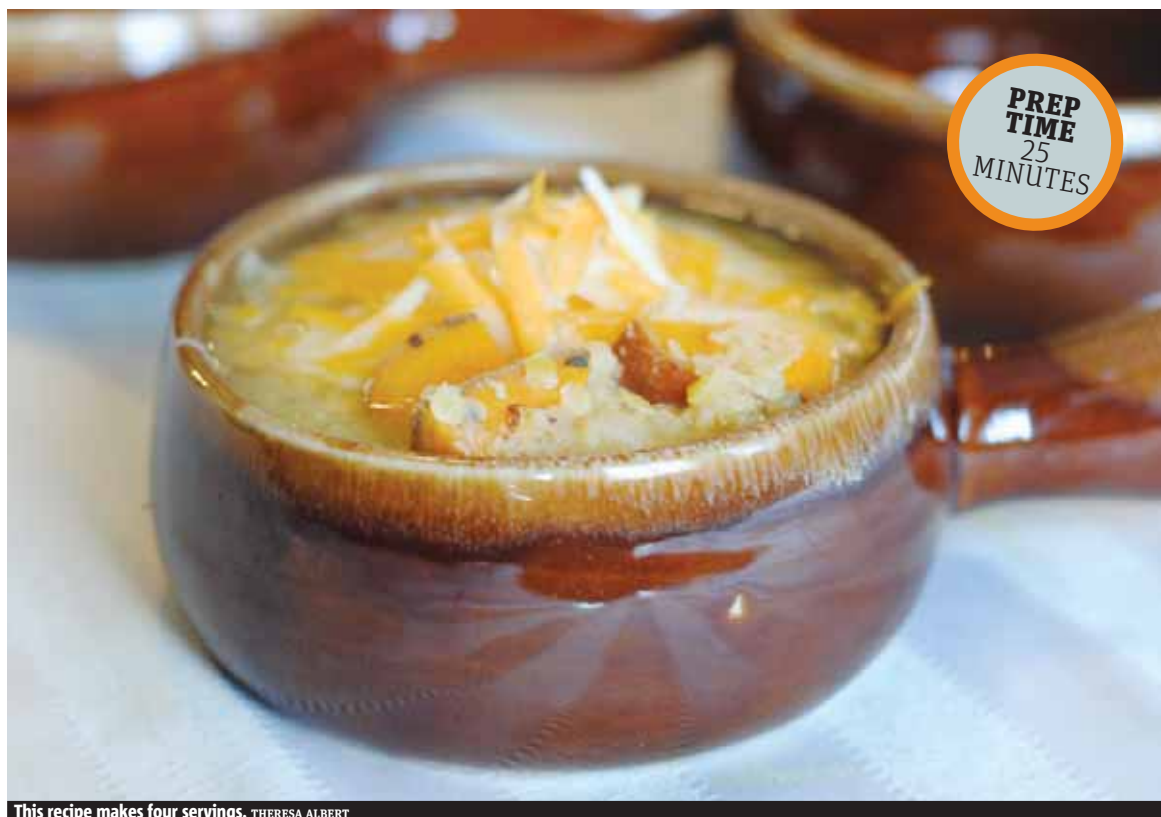
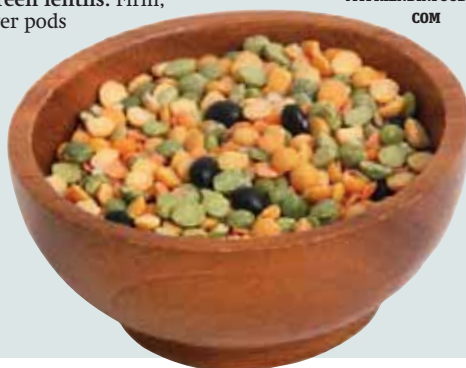
great for cold salads.

- **Red lentils:** Actually the hulled inside of other lentils. Great for soups as they disintegrate when cooked.

All lentils rank very highly on the protein scale and, when paired with cheese and/or nuts make a complete protein just as effective as animal protein at building muscle. They are also one of the best forms of fibre, with one cup serving up just over half of your day's needs.

Just remember when cooking any lentils, pulses or beans not to add any acid like lemon or vinegar until the very end. Doing so stops the breakdown of the fibre so that they will not cook further. A good thing to curb the mushies but bad if you don't like crunching on pebbles.

**THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**



This recipe makes four servings. THERESA ALBERT

## FLASH FOOD



From your fridge to your table in 30 minutes or less

but the skins are full of nutrients and are just as edibly delicious as white potato skins. Just give them a good scrub and chop!

### Directions

You can feed a family of four for under \$2 with a soup of high-protein lentils, nutrition-packed sweet potatoes and onions.

Cheese is optional and will cost a bit extra.

I know it seems weird not to peel the sweet potatoes

1. Warm a large pot over medium-high heat and melt butter. Add onions and sweet potatoes; stir.

2. Add broth and water; add lentils. Bring to a boil, turn down to simmer and cover. Let simmer for 20 minutes.

### Ingredients

- 1 tsp butter
- 1 onion, chopped
- 1 small sweet potato, scrubbed and cubed, skin on
- 4 cups chicken or vegetable broth
- 1 1/2 cups water
- 1 cup red lentils
- 1 tbsp dried basil
- pinch dried red chili peppers
- 1/2 tsp black pepper
- 1 tbsp molasses
- 8 tbsp grated cheddar cheese (optional)

3. Stir in basil, chili peppers, pepper and molasses.

4. Grate cheese if using and serve at the table.

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# Baked fries get a kick from orange curry dip

As kids grow, their willingness to try a variety of flavours grows, too. But kids' and teens' palates, can be easily overwhelmed, so pairing known foods with newer tastes is the way to go.

This orange citrus and curry dip has a subtle flavour kick that will introduce young eaters to the sweet-savoury combination in a familiar way — after all, most kids won't turn down French fries.

A mildly sweet orange dip with just a hint of curry is the perfect dipper for oven-crisp sweet potato fries. This dip is

also great with cut-up veggies and crackers!

### Directions

1. Peel and cut sweet potatoes into 1/2-inch (1 cm) thick slices. Toss with oil, salt and pepper.

2. Bake on two parchment-paper-lined baking sheets on bottom and middle racks of 425 F (220 C) oven, switching and rotating sheets and tossing once, until tender and edges are browned and crisp, 30 to 35 minutes.

### Ingredients

#### Potatoes

- 3 large sweet potatoes
- 1 tbsp. olive oil
- Pinch each salt and pepper

#### Dip

- 1/3 cup light mayonnaise

- 1/3 cup sour cream
- 4 tsp Minute Maid Frozen Original 100% Orange Juice concentrate
- 3/4 tsp curry powder
- Pinch each salt and pepper (to taste)

### Orange Curry Dip

1. Meanwhile, in bowl, whisk together mayonnaise, sour cream, Minute Maid Frozen

Original 100% Orange Juice concentrate, curry powder, salt and pepper until smooth. Serve with fries.

**NEWS CANADA/MINUTE MAID**



This recipe makes four servings. NEWS CANADA



Group A

## Neymar delivers in Brazil's win over Cameroon

Neymar lived up to the expectations of the World Cup host nation Monday, scoring two goals as Brazil routed Cameroon 4-1 to reach the knockout stage as the top team in Group A.

Neymar netted twice in the first half, on either side of midfielder Joel Matip's goal for Cameroon in the 26th minute.

Fred and Fernandinho added second-half goals for Brazil, which will face South American rival Chile in the second round.

Brazil finished Group A with seven points after two wins and a draw. It ended with the same points as Mexico, but had a better goal difference.

THE ASSOCIATED PRESS

Group A

## Mexico advances with 3-1 victory over Croatia

Mexico surged into the World Cup's knockout stage for a sixth straight time Monday with a 3-1 win over Croatia.

Rafael Marquez, Andres Guardado and Javier "Chicharito" Hernandez scored in a 10-minute span in the second half, dooming a talented Croatia.

The Croats had to win and held the bulk of possession, but had trouble seriously threatening goalkeeper Guillermo Ochoa until an 87th-minute consolation goal from Ivan Perisic.

Mexico needed only a draw and looked dangerous in attack, but was kept out until the three-goal burst.

THE ASSOCIATED PRESS



Mexico's Andres Guardado  
GETTY IMAGES

# Substitutes give Dutch group lead

Two substitutes, two goals.

It seems Netherlands coach Louis van Gaal can do no wrong at this World Cup.

He sent on replacements Leroy Fer and Memphis Depay in the second half of the match against Chile on Monday and they scored both goals in a 2-0 win that confirmed the Dutch as Group B winners with a maximum nine points.

"It is luck," Van Gaal himself said about his super substitutions. "Just luck."

But it was more than that. Fer, listed by FIFA as six feet two inches tall, scored with a header a minute after coming on as a substitute for the five-foot-six Wesley Sneijder.

"I know Leroy Fer is tall compared with our opponents. I know he can head the ball well," Van Gaal said.

Then there was Depay. "We analyzed that Chile in the last 15 minutes gives away more room," Van Gaal said. "If you have a creative player in at that moment, you have the chance to use that space."

Manchester United, which hired Van Gaal to restore its fortunes after a disastrous season by the club's lofty standards, must be delighted even if it has to wait a bit longer for him to join them after the World Cup.

Chile, one of the most attacking and attractive teams at the World Cup, had no answer at the Itaquero Stadium, especially not without midfielder Arturo Vidal who



Netherlands' Stefan de Vrij heads the ball past Chile's Francisco Silva, centre, during their group B World Cup soccer match at the Itaquero Stadium in Sao Paulo, Brazil, Monday. Scan the image with the Metro News app for additional photos from Monday's matches. FELIPE DANA/THE ASSOCIATED PRESS

Group B

2

Netherlands

0

Chile

watched from the bench.

"I played the best team I had," said Chile coach Jorge Sampaoli.

Juventus star Vidal had knee surgery before the tournament and had a sore Achilles tendon but said a day before the match he felt fit and ready to play.

Both teams had already advanced to the second round, but Chile's first loss of the tournament consigned it to second place in Group B.

The Dutch now travel to Fortaleza to play Mexico, Group A's runners-up in

Quoted

"We can enjoy this fantastic performance, but it must not stop here."

Dutch stand-in captain Arjen Robben said that, after three wins out of three, his squad is hungry for more.

the round of 16. Chile faces Group A winners, Brazil, in Belo Horizonte.

THE ASSOCIATED PRESS

## Spain bids farewell with pride

Defending champion Spain salvaged some World Cup pride on Monday with a convincing 3-0 victory over Australia in its last match at the tournament.

After losing their previous matches in Group B to the Netherlands and Chile, both teams took to Arena da Baixada in the southern Brazilian city of Curitiba knowing they could not advance to the second round.

David Villa, on his 97th and final appearance put Spain ahead in the 36th minute with his record 59th goal, guiding Juanfran Torres' pass into the

Heads held high

"We went out with dignity."

Spain's coach Vicente del Bosque

net with the inside of his right foot. Juanfran had been found by a typically incisive pass by Andres Iniesta.

"We stepped up against Australia and won this match, and I'm happy to have participated in the first goal," said the 32-year-old Villa, who has called time on his international ca-

reer. "It's sad because we would have liked to have spent more time here, but that's how it is."

Iniesta was at the heart of the second goal, too, providing the pass for Fernando Torres to steer the ball past Australia goalkeeper Mat Ryan in the 69th minute.

Juan Mata, who replaced an emotional Villa early in the second half, added the third in the 82nd from close range, stroking the ball under Ryan after he was found in space by fellow substitute Cesc Fabregas.

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Spain's Andres Iniesta  
GETTY IMAGES

4 SPORTS





Roughriders quarterback Darian Durant will no longer have the ability to hand the ball off to Kory Sheets after the latter left the Grey Cup champions in the off-season for the NFL. GETTY IMAGES FILE

# Questions abound as CFL kicks off

**Five things to watch.** Changes lead to intrigue heading into the 2014 season

The CFL has a new franchise in Ottawa, a new TV deal and labour peace with its players for five years, as it prepares to get the 2014 season underway. This year's Grey Cup returns to BC Place, after the Saskatchewan Roughriders won it at home in 2013. Big changes have happened throughout the league and here are five storylines to watch this season:

**Ottawa Redblacks** — An expansion franchise that can win? Well, maybe. Ottawa de-

cided to use its expansion draft power and free agency to nab a core of experienced players led by last year's losing Grey Cup quarterback, Henry Burris. They also signed former Winnipeg defensive back Jovon Johnson, the CFL's outstanding defensive player in 2011.

**Rookie quarterbacks** — Drew Willy for Winnipeg, Zach Collaros in Hamilton and Troy Smith in Montreal, will be going into this CFL season as starting quarterbacks. Willy and Collaros were both backups elsewhere last season and Smith was signed by Montreal and helped the Alouettes into the playoffs when Anthony Calvillo was injured.

**Who throws in Calgary?** — Bo Levi Mitchell was an-

## Week 1

The Eskimos will begin the regular season on Saturday when they visit the Lions.

nounced as the starter on Monday, relegating Drew Tate to the backup role. Mitchell went 3-0 subbing last season, although Calgary also relied on now-departed veteran Kevin Glenn to get them to the West final.

**Sheetless in Saskatchewan** — Quarterback Darian Durant is back with a hefty three-year deal but when he wants to move the ball this season he'll be missing some familiar faces and sure hands. Kory Sheets,

the running back who contributed a Grey-Cup-record 197 rushing yards and two touchdowns to the Roughriders' win is now in the NFL as is all-star receiver Weston Dressler to the NFL. Dressler. The blessed Riders still have native son Chris Getzlaf and import Taj Smith in the 1,000-yard-plus club.

**Heartbreakers or play-makers** — Both the Winnipeg Blue Bombers and Edmonton Eskimos are in major retool mode. Again. They have new coaching staffs (Winnipeg also changed GM and team president since last season) and are looking to get back to the form that historically made the franchises into two of the strongest in the league.

THE CANADIAN PRESS

## Eskimos. On till 2016, Reilly promises to end his rushing career now

Mike Reilly is staying put as the Edmonton Eskimos' quarterback and promises his days as the team's rushing leader are over.

The Eskimos announced Monday they've signed the 29-year-old to a contract extension through the 2016 season.

"To really have my career start here and to be able to continue that and hopefully finish my career here is something I've wanted since the day I signed," Reilly said during a news conference at Commonwealth Stadium. "This is obviously a step in that direction."

The former Central Washington star began his CFL career in 2010 with the B.C. Lions before being dealt to Edmonton on Jan. 31, 2013. And Reilly proved to be a worthy acquisition.

The six-foot-three, 230-pound Reilly started all 18 of Edmonton's regular-season games last year. He finished second among CFL quarterbacks with 4,207 passing yards and 24 TDs for a team that missed the playoffs with a dismal 4-14 record.

Reilly also led the Eskimos — and all CFL quarterbacks — in rushing, amassing 709 yards



Eskimos' quarterback Mike Reilly  
THE CANADIAN PRESS

on 84 carries for an 8.4-yard average with one touchdown.

Reilly gained most of those yards scrambling on broken plays or escaping the rush from a collapsing pocket. As a result, Reilly sustained several hard hits.

Reilly said John White and newcomer Tyler Thomas will get the job done.

"I'm definitely not going to be in the top of our rushing game this year," he said.

Edmonton opens the regular season in Vancouver on Saturday against the B.C. Lions.

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## New bench boss

### Desjardins picks Canucks over Pens

Few coaches would turn down the chance to coach superstars Sidney Crosby and Evgeni Malkin — but Willie Desjardins did.

Instead of choosing to take the available coaching job with the Pittsburgh Penguins, Desjardins decided that he would rather guide Daniel and Henrik Sedin and their Vancouver Canucks teammates.

"I think Pittsburgh has great players as well, but I like the package here," said Desjardins on Monday.

THE CANADIAN PRESS

## Six inductees

### Hasek, Forsberg, Modano, Blake in Hall of Fame class

Dominik Hasek, Peter Forsberg, Mike Modano, Rob Blake, Pat Burns and Bill McCreary have been selected as the Hockey Hall of Fame's induction class of 2014.

In total, this group includes six Stanley Cups for five different NHL franchises and three Olympic gold medals for three different countries.

This class will be honoured on Nov. 17 in Toronto. THE CANADIAN PRESS

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## Horoscopes

### Aries

March 21 - April 20

A relationship may have been under strain of late but don't despair. Before this week is over you will have patched up your differences and be the best of friends again.

### Taurus

April 21 - May 21

If you are tired of playing second fiddle then now is the time to do something about it. Let important people know what you can do. Part of the problem is you rarely push yourself forward.

### Gemini

May 22 - June 21

The next few days will be memorable — hopefully for the right reasons. You are more likely to enjoy yourself if you let go of hang-ups and allow yourself to enjoy what life has to offer.

### Cancer

June 22 - July 23

Try to accept the ups and downs of daily life with serenity. It's not as difficult as it sounds — just don't take anything, including yourself, too seriously.

### Leo

July 24 - Aug. 23

Don't worry too much about keeping things civil today. If you've got something to say then come right out with it and, if certain people don't like it, too bad!

### Virgo

Aug. 24 - Sept. 23

You will get several interesting offers over the next few days. How will you know which of them are right for you? Just listen to your inner voice. You already know all the important answers.

### Libra

Sept. 24 - Oct. 23

The planets will bring out the devil-may-care side of your nature over the next 24 hours. You will thoroughly enjoy shocking people.

### Scorpio

Oct. 24 - Nov. 22

You may be in the mood to change things but the planets warn there are some things it might be wiser to leave as they are for the time being. Make changes for a reason, not just because you can.

### Sagittarius

Nov. 23 - Dec. 21

You will get things done quicker today if you join forces with like-minded people. Also, tell that special person in your life how much you adore them. They may need some reassurance.

### Capricorn

Dec. 22 - Jan. 20

Decide what it is you need to accomplish. No matter how many disappointments you have suffered in recent weeks the planets indicate that from here on it will be success all the way.

### Aquarius

Jan. 21 - Feb. 19

You may be in the mood to settle an old score but is that really sensible? Focus only on positive objectives and pretend that negative and annoying people do not exist.

### Pisces

Feb. 20 - March 20

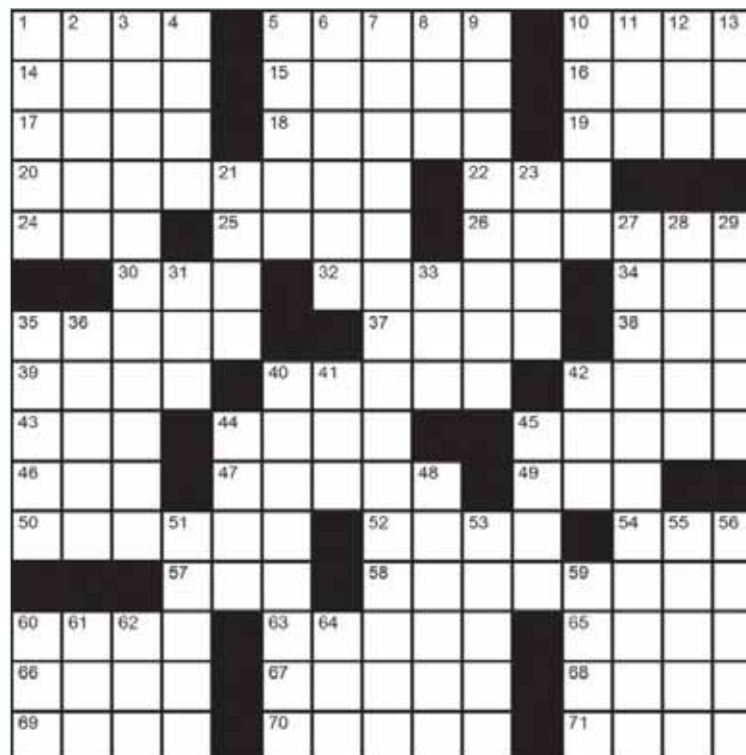
If you know what it is you want, act decisively. Someone in a position of authority thinks you are special and they will think you are even more special after today!

SALLY BROMPTON

## Crossword: Canada Across and Down

### Across

1. Baseball glove
5. Chef Ms. Lakshmi
10. 1997 Great Big Sea album
14. "It's \_\_\_-way street."
15. Royal \_\_\_ Golf Club, in Scotland
16. Upset
17. Churn
18. Blow
19. Some slitherers
20. Canadian provider of green energy
22. \_\_\_ + Pill = Well
24. NFLD's ocean
25. American state
26. Scottish band, \_\_\_ Minds
30. Writer Mr. Fleming
32. Cuts
34. Bolt
35. Army vehicles
37. "Darn it!"
38. Compass pt.
39. Gymnastics great Ms. Korbut
40. Symbolic pole
42. Con
43. Moviedom's Ms. Mendes
44. Shoes: \_\_\_ support
45. Book for Bridget Jones
46. Drollness
47. Decorator Mr. Berkus, and others
49. Branch
50. One of Doc and Grumpy's colleagues
52. Chair
54. "Adieu!"



57. Word's li'l meaning
58. Rapper Expert on ABC's "Rising Star"
60. Music's Ms. Mitchell
63. Role on "Star Trek"
65. Geese: French

66. Count \_\_\_ (Jim Carrey role in 2004)
67. Mount in the Yukon, Canada's highest
68. Sing-y syllables
69. Uptight
70. Sixth, in Italy
71. Mr. Warhol

### Down

1. Venomous snake, Black \_\_\_
2. "Cut \_\_\_!" (Stop already!)
3. Newfoundland tourist destination, the 'Iceberg Capital of the World'
4. Cost
5. Prefix to 'dactyl' (Flying reptile)
6. Old battleground artefacts
7. "Making It Work" band from Vancouver: 4 wds.
8. Broom alternative

9. CASL = Canada's \_\_\_ Legislation (It comes into force July 1, 2014)
10. Sacred song
11. 'L' in L.A.
12. Dadaist Jean
13. Aye
21. Fish parts
23. Itemize
27. Central Great Lakes-St. Lawrence \_\_\_ Region
28. Of the moon
29. The other side
31. Jennifer Lopez's new album
33. Wrath
35. Miriam \_\_\_, Canadian novelist from Steinbach, MB
36. Certain cartoon Chipmunk
40. Piled-up-with-food carriers
41. Libran's mo.
42. Lady's love
44. Hockey star Mr. Kopitar
45. Info
48. Georges \_\_\_, (French painter, b.1859 - d.1891)
51. Enlighten
53. A Bell for \_\_\_ (John Hersey novel)
55. Move over
56. Homework assignment
59. Pepsi's partner
60. Mr. Pesci
61. Not new
62. Henpeck
64. Shed tool

See today's answers at [metronews.ca/answers](http://metronews.ca/answers).

BY KELLY ANN BUCHANAN

## Yesterday's Crossword



## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Yesterday's Sudoku

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 7 | 3 | 2 | 4 | 5 | 1 | 8 | 9 | 6 |
| 5 | 1 | 8 | 7 | 9 | 6 | 4 | 2 | 3 |
| 9 | 6 | 4 | 8 | 3 | 2 | 7 | 1 | 5 |
| 4 | 8 | 5 | 9 | 7 | 3 | 2 | 6 | 1 |
| 3 | 9 | 1 | 2 | 6 | 4 | 5 | 8 | 7 |
| 2 | 7 | 6 | 5 | 1 | 8 | 9 | 3 | 4 |
| 6 | 4 | 9 | 3 | 8 | 5 | 1 | 7 | 2 |
| 8 | 5 | 3 | 1 | 2 | 7 | 6 | 4 | 9 |
| 1 | 2 | 7 | 6 | 4 | 9 | 3 | 5 | 8 |

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
|   |   | 1 |   |   |   |   | 4 | 6 |
|   | 8 | 4 |   | 7 | 2 |   |   |   |
| 9 |   |   | 1 |   |   |   |   |   |
| 8 |   | 2 | 3 |   | 6 |   |   |   |
|   | 3 |   |   |   |   |   | 6 |   |
|   |   |   | 4 |   | 9 | 5 |   | 2 |
|   |   |   |   | 4 |   |   |   | 3 |
|   |   |   |   | 9 | 3 |   | 8 | 2 |
| 2 | 5 |   |   |   |   | 7 |   |   |

## Weather

### TODAY



MAX: 26°  
MIN: 15°

### WEDNESDAY



MAX: 27°  
MIN: 12°

### THURSDAY



MAX: 23°  
MIN: 13°



MICHELE MCDUGALL  
WEATHER SPECIALIST

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